

1. What are the Big Five personality traits and how was it designed? Which are the two biggest of the big five traits? How does our personality change as we age?
Designed by eliminating words that are synonyms and narrowing them down; It was designed by factor analysis (clustering similar traits together).
 1. **Neuroticism- anxiety, stress easily**
 2. **Extraversion- enjoying company of others, more open**
 3. **Agreeableness- compassionate towards others**
 4. **Conscientiousness- Self disciplined, dutiful**
 5. **Openness to new experiences- tendency to enjoy change or intellectual experiences**

Our personality gets consistent as we age

2. How was the MMPI developed and how is it administered? How is deception detected in the MMPI? What is the MMPI used for?
Developed empirically (based on evidence) rather than theoretically. Used to measure clinical conditions such as depression. MMPI includes items designed to detect lying like a statement whose answer can be too good to be true.
3. Why should psychologists be cautious about interpreting MMPI results for ethnic minorities?
Different cultures have different lifestyles. Different way of thinking.
4. Know the different defense mechanisms that Paul Tullis went over in his lecture.
The different defense mechanisms are:
Repression: ignore it
Denial: not true, not accept it
Projection: make it belong to someone else
Displacement: find a safer object
Sublimation: express it in a socially acceptable way
Reaction formation: turn into its opposite
5. Who were the theorist Paul Tullis covered in his lecture and how they related to Freud and his theory?
Carl Jung and Eric Erikson
6. What do projective tests like the Rorschach and TAT allow the person to do?
It helps the person by encouraging them to state their problems and projecting their personality characteristics onto ambiguous stimuli.
7. What the five types of anxiety disorders? Be able to apply the information.
 1. **Phobias- fear of specific objects or places**
 2. **Panic Disorder-attacks of extreme anxiety**
 3. **Stress Disorder- anxiety due to life experiences or nightmares**
 4. **Generalizes Anxiety Disorder-feelings of sympathetic arousal of at least 6 mths duration**

5. Obsessive- Compulsive Disorder- OCD obsessed with something and compelled to repeat it.

8. What are three types of dissociative disorders? Be able to apply the information.

1. Dissociative amnesia-temporary memory loss
2. Dissociative fugue-experiences amnesia and travels to another place unknowingly
3. Dissociative Identity Disorder- two or more identities occupy the same person

9. What are some examples of somatoform disorders?

It is when the body expresses stress. Paralyzing, night blindness, unexplainable aches.

Hypochondrias - unexplainable pain complaints

Conversion- WWII night time blindness

10. What are the differences between feeling depressed and major depressive disorder?

Major Depressive disorder is for a long time. 5 major disorder symptoms and more than 2 weeks

11. What are the differences between Bipolar I Disorder and Bipolar II Disorder? (Lecture only) Bipolar I had manic episodes

Bipolar I- Manic, depressed, causes impairment

Bipolar II no manic episodes- Hypomanic

12. Know in general what schizophrenia is and the problems schizophrenics have? What do twin studies suggest about the disorder?

Schizophrenia is when people behave anxiously, have hallucinations

It is genetic and runs in the family

13. What are the similarities and differences between the personality disorders?

Personality Disorders are:

Paranoid:

Schizotypal

Schizoid:

Borderline:

Antisocial:

14. What are the four essentials of psychotherapy?

Systematic interactions

Psychological principles

Thoughts, feelings, and behavior

Psychological disorder, personal growth, adjustment problems

15. How has treatment of psychological problems changed through history? (hint: What were the roles of Monasteries and Asylums?) **Monasteries-> Asylums -> Mental Hospitals ->**

Community health movement

16. Know about psychodynamic therapy and the basic assumptions, aims, and components?

Who is the founder? **Pg.456 Sigmund Freud**

Psychodynamic Therapy- Internal unconscious conflicts

Catharsis- expression of repressed feelings and impulses. Things from past and then let them spill out. Transference, Dream analysis

17. What do humanistic therapies focus on? Who is the founder? Pg. 460-461 **Carl Rogers. All as human beings free to make choices and we control our own destinies despite the past. Unconditional positive regard. Empathic understanding, genuineness and non-directive. Present time.**

18. Know about behavioral therapy. How does systematic desensitization work? Pg.464

Treating phobias and make the client make a hierarchy of their fears. How does aversive conditioning work? Pairing their activities with a negative stimuli Pg.465

19. What does cognitive therapy focus on and aim to change? Pg.468- 470 **Beliefs, attitude, automatic thoughts, we use very active and directive therapy that challenge irrational thoughts and beliefs.**

20. What are six advantages of group therapy? **Pg. 471**

21. Review information on biological treatments. How are anti-anxiety and antidepressant drugs believed to work? Pg.479-480 **Benzodiazepines- valium, zenex... Panic attacks, sleeping, and anxiety. Depressing the activity of CNS which in turn decreases sympathetic activity. Antipsychotic drugs- major tranquilizers, schizophrenia- block dopamine receptors in the brain.**

Antidepressants- depression, OCD, eating disorders. Work by increasing the levels of serotonin and noradrenalin- ex- MAO, SSRI, benzodiazepines

22. What is the relationship between the perception of physical attractiveness and